

Jenn Drummond
Mountaineer, Entrepreneur, and Motivational Speaker

1. What motivated Jenn Drummond to start mountaineering?

- A. A childhood dream
- B. The challenge and satisfaction it brings
- C. A friend's suggestion
- D. An accidental discovery

Answer: _____

2. What is a significant part of Jenn Drummond's training routine for climbs?

- A. Yoga and meditation
- B. Running marathons
- C. StairMaster and running stairs
- D. Swimming

Answer: _____

3. Who was one of Jenn Drummond's role models?

- A. Her mother
- B. Her grandmother
- C. A famous mountaineer
- D. An athlete

Answer: _____

4. How does Jenn Drummond balance her mountaineering career with family and work?

- A. By prioritizing mountaineering over everything
- B. By integrating training into family activities
- C. By taking long breaks from mountaineering
- D. By focusing solely on work and family

Answer: _____

5. What does Jenn carry with her for motivation and to overcome fear?

- A. A motivational letter
- B. A picture of her family
- C. Gummy bears
- D. All of the above

Answer: _____

6. What future goal does Jenn Drummond have in mountaineering?

- A. To climb Mount Everest again
- B. To climb a mountain in Indonesia
- C. To retire from mountaineering
- D. To start a mountaineering school

Answer: _____

7. What does Jenn Drummond say is a crucial aspect of mountaineering?

- A. The physical challenge
- B. The mental game
- C. The equipment
- D. The weather conditions

Answer: _____

****Written Response Questions****

8. Discuss how Jenn Drummond's approach to overcoming challenges in mountaineering can be applied to everyday life situations.

9. Explain the significance of mental preparation and visualization in achieving difficult goals, as illustrated by Jenn Drummond's experiences.

10. Reflect on the role of family and personal interests in shaping one's career path and ambitions, drawing on Jenn Drummond's journey as an example.
